



DEPARTMENT OF THE ARMY
HEADQUARTERS AND HEADQUARTERS COMPANY
UNITED STATES ARMY SIGNAL ACTIVITY
MILITARY DISTRICT OF WASHINGTON
FORT MYER, VIRGINIA 22211

REPLY TO
ATTENTION OF

ANIM-HH (100)

19 November 2001

MEMORANDUM FOR Headquarters and Headquarters Company, United States Army Signal
Activity - MDW, Fort Myer, VA 22211

SUBJECT: Army Weight Control Program – Policy Memorandum #17

1. Soldiers are expected to meet the height and weight guidelines of AR 600-9. Soldiers who do not comply with the Army height/weight guidelines will be enrolled in the Company's Weight Control Program.
2. All soldiers are required to PCS in satisfactory physical condition and meet height/weight standards. All soldiers will be weighed at a minimum at the time of the semi-annual APFT or at least every 6 months.
3. Soldiers who do not meet height/weight requirements of AR 600-9 and soldiers identified by the Commander or supervisor for a special evaluation, will have a determination made of percent body fat. The method to determine body fat percentage will be the tape test. Soldiers will be taped by trained and certified personnel. Soldiers who meet the body fat percentage requirements of AR 600-9 will NOT be enrolled in the Company's Weight Control Program. Soldiers who do NOT meet the body fat percentage requirements WILL be enrolled in the Company's Weight Control Program. The effective date of enrollment will be the day the soldier is counseled by the Commander or First Sergeant.
4. A medical evaluation will be made when the soldier has a medical limitation, is pregnant, or when requested by the Commander. One is also required for soldiers being considered for separation due to failure to make progress in the weight control program or within 6 months of ETS.
5. Soldiers enrolled in the weight control program will be required to attend nutrition education sessions conducted by qualified health care personnel.
6. Soldiers on the weight control program will be required to attend special physical training under the guidance of the Commander and First Sergeant.
7. The required weight loss goal of 3 to 8 pounds per month is considered a safely attainable goal to enable soldiers to lose excess body fat and meet the body fat standards. Weigh-ins will be made by company personnel monthly to measure progress.

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8. After a period of dieting and/or exercise for 6 months, soldiers who have not made satisfactory progress and who still exceed the screening table and body fat standards will be considered for administrative discharge from the Army IAW AR 635-200.

9. Soldiers who are overweight will be flagged (suspension of favorable personnel actions) which include:

a. Placed in a nonpromotable status.

b. Will not be authorized to attend professional military or civil schooling (see AR 600-9 for exceptions).

c. Will not be assigned to command positions.

d. Will not be permitted to reenlist or extend their reenlistment (see AR 600-9 for exceptions).

10. The Commander and First Sergeant will remove soldiers administratively from the weight control program as soon as the body fat standard is achieved. The screening table weight will not be used to remove soldiers from the weight control program. Removal of suspension of favorable personnel actions will be accomplished at that time.

Original Signed
TOAN D. DO
CPT, SC
Commanding